

Food Chart – Infants		Age (months) 0 through 3	Age (months) 4 through 7	Age (months) 8 through 11
Breakfast	Iron-fortified Infant Formula ¹ or Breastmilk ²	4 to 6 fluid ounces	4 to 8 fluid ounces	6 to 8 fluid ounces
		4 to 6 fluid ounces ³	4 to 8 fluid ounces ³	6 to 8 fluid ounces ³
	Iron-fortified Dry Infant Cereal		0 to 3 Tbsp (when ready) ⁴	2 to 4 Tbsp.
	Fruit and/or Vegetable ⁴			1 to 4 Tbsp.
Snack	Iron-fortified Infant Formula ¹ or Breastmilk ² or	4 to 6 fluid ounces	4 to 6 fluid ounces	2 to 4 fluid ounces
		4 to 6 fluid ounces ³	4 to 6 fluid ounces ³	2 to 4 fluid ounces ³
	Full Strength Fruit Juice			2 to 4 fluid ounces
	Whole grain or enriched crusty bread or Cracker type products			0 to 1/2 slice (when ready) ⁴
				0 to 2 (when ready) ⁴
Lunch or Supper	Iron-fortified Infant Formula ¹ or Breastmilk ²	4 to 6 fluid ounces	4 to 8 fluid ounces	6 to 8 fluid ounces
		4 to 6 fluid ounces ³	4 to 8 fluid ounces ³	6 to 8 fluid ounces ³
	Fruit and/or Vegetable ⁵		0 to 3 Tbsp (when ready) ⁴	1 to 4 Tbsp.
	One or more of the following:			1 to 4 Tbsp.
	Iron fortified infant cereal		0 to 3 Tbsp. (when ready) ⁴	2 to 4 Tbsp.
	Meat, Poultry, Fish, Egg Yolk, cooked Dry Beans or Peas			1 to 4 Tbsp.
	Cheese			½ to 2 ounces
	Cottage Cheese			1 to 4 ounces (volume)
	Cheese food or cheese spread			1 to 4 ounces (weight)

¹Meals containing iron-fortified infant formula provided by the infant's parent can be claimed for reimbursement. All other food components (per this chart) must be provided by the center or child care home provider.

²Meals containing only breastmilk can be claimed for reimbursement. All other food components (per this chart) must be provided by the center or child care home provider.

³Providers may serve less than the minimum regulatory requirement of breastmilk to avoid waste. If the full regulatory portion of breastmilk is not offered initially, then additional breastmilk must be offered if the infant is still hungry.

⁴A serving of this component is required only when the infant is developmentally ready to accept it.

⁵Juice does not fulfill the fruit/vegetable requirement at breakfast, lunch or supper.

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MDHSS-CFNA 9/03